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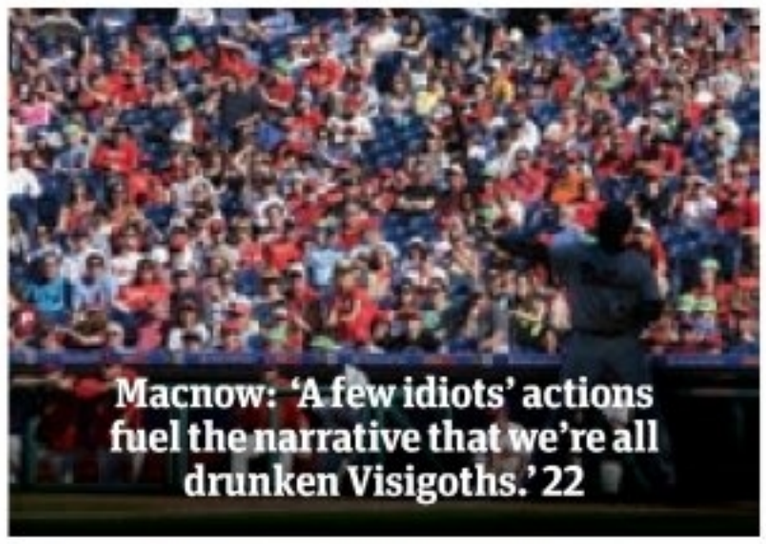
JESSICA ALBA SPEAKS UP

The actress weighs in on her 'awkward' Maxim shoot. 15



Macnow: 'A few idiots' actions fuel the narrative that we're all drunken Visigoths.' 22

Betting on bone broth: The latest Paleo craze. 20

NOT DEAD YET

Activists protest outside Philly theater showing new film that's being denounced as depicting suicide as preferable to living with disabilities. 2

CHARLES MOSTOLLER

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3 THINGS YOU NEED TO KNOW

ZUCKERBERG'S SOCIAL MEDIA ACCOUNTS RESTORED AFTER HACK

Facebook Chief Executive Mark Zuckerberg's Twitter and Pinterest accounts have been resecured, a spokesman from the social media platform said on Monday, responding to questions about weekend media reports that the founder's sites had been hacked. Zuckerberg's Twitter and Pinterest accounts were compromised over the weekend, according to a report on Sunday from technology news website VentureBeat. Those accounts have since been "re-secured using best practices," a Facebook spokesman told Reuters, adding, "no Facebook systems or accounts were accessed." REUTERS

NO CHARGES AGAINST MOM IN ZOO GORILLA TRAGEDY

2 Criminal charges will not be filed against the mother of a three-year-old boy who crawled into the Cincinnati Zoo's gorilla exhibit last month, leading zoo authorities to shoot the endangered animal dead, a prosecutor said Monday. Hamilton County Prosecutor Joe Deters said the mother was attending to the three other children with her when her son "just scampered off" on May 28. The boy had crawled through a barrier and fell 12 feet into a moat within the enclosure, when the 17-year-old gorilla grabbed the boy. Though some have called for child endangerment charges against the mom, Michelle Gregg, Deters said she was not being reckless and didn't put her son at risk intentionally, Time magazine reports. Deters said Gregg had her back turned when the 3-year-old ran off. ALEXIS SACHDEV

BALTIMORE COP CHARGED IN FREDDIE GRAY DEATH CHOOSES BENCH TRIAL

3 A Baltimore police officer charged with murder in the 2015 death of black detainee Freddie Gray waived a jury trial on Monday and will be tried by a Maryland judge instead. Officer Caesar Goodson Jr., 46, is the third officer to face trial for Gray's death and drove the police van in which Gray broke his neck. His death in April 2015 triggered protests and rioting and fueled a U.S. debate on police treatment of minorities. Prosecutors are still looking for a conviction in the high-profile case, with two trials ending in a mistrial and an acquittal. Goodson's last-minute decision to have Baltimore City Circuit Court Judge Barry Williams decide the case came during a pretrial hearing on motions. The trial begins on Thursday morning. REUTERS

Activists: New film encourages disabled to commit suicide

Two dozen protests outside Philly movie theater showing "Me Before You."

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

A group of people with disabilities and their supporters protested the new film "Me Before You" outside the UA Riverside movie theaters. CHARLES MOSTOLLER

A new Hollywood film depicting a romance between a quadriplegic and his caretaker that ends in the man choosing suicide over life in a wheelchair is being denounced by the disabled community.

Two dozen activists with disabilities and their supporters protested outside a South Philadelphia movie theater Monday against the film "Me Before You," calling it "poisonous" and saying it could encourage suicide among people with disabilities .

"As of Saturday, June 4, I have lived with a spinal cord injury for 15 years," said activist German Parodi, who uses a wheelchair and became disabled when he was shot in the throat during a carjacking. "There's no reason for us to kill ourselves."

"Me Before You" (caution: spoilers ahead) tells the story of a six-month romance between a man (Sam Haflin) who has recently become quadriplegic and his caretaker (Emilia Clarke). The film ends with the disabled man choosing to kill himself rather than live in a wheelchair.

The activists in Philly sang and chanted for more than an hour outside the UA Riverview 17, one of two theaters in the city that is showing the film. They were affiliated with Not Dead Yet, a disability rights group that is organizing protests nationwide and protested the film's red-carpet premiere in Hollywood.

For those participating in the protest, the story of the film is a painful parallel to their own experiences.

"Putting that out there in the mainstream is dangerous. ... It could kill someone."
Fatale

"I've struggled with depression and suicidal thoughts," said Anomie Fatale, 28, a musician and performer who became disabled at 20 due to Ehlers-Danlos syndrome. "Putting that out there in the mainstream is dangerous. … It could kill someone."

Fatale said she has quadriparesis, severe muscle weakness affecting all four limbs.

"You are suggesting, romanticizing, glorifying, encouraging suicide. That is a thing I can't be OK with," Fatale said. "I'm worried about young, impressionable teenagers. I want to put the right message out there."

Director Thea Sharrock recently defended the film against the criticisms of ableism, telling The Hollywood Reporter, "I didn't quite anticipate this" and that the criticisms arose from "a fundamental misunderstanding of what the message is."

"It's a fictional story about how important the right to choose is. The message of the film is to live boldly, push yourself, don't settle," Sharrock said.

"It's b—t. She's going after disabled people," said Nancy Salandra, an organizer with Philly ADAPT. "Hollywood is decades behind the times with disability rights. 'Million Dollar Baby,' same thing,"

Activists said the film barely portrays any characters who disagree with the protagonist's decision to end his life in Switzerland at Dignitas, a real assisted suicide organization.

"There is product placement for an assisted suicide organization in this film," said Clark Matthews, 34, a filmmaker who uses a wheelchair. "Can you name the last romantic film with a disabled protagonist? The first one in decades, and of course he kills himself."

There is also no depiction in the film of the community of people with disabilities, which activists credited with helping them live their own lives.

"In the past five years, I started meeting other people with disabilities. I stopped feeling ashamed. These people made me feel like I'm not a burden," said Liam Dougherty, 26, who uses a wheelchair due to Friedreich's ataxia, a progressive neural disorder.

"It's a road I could have gone down," Dougherty said of the story depicted in the film. "I'm so glad I have a supportive organization, that made me realize I shouldn't have gone down that path."

"I'm so glad I have a supportive organization, that made me realize I shouldn't have gone down that path."
Dougherty

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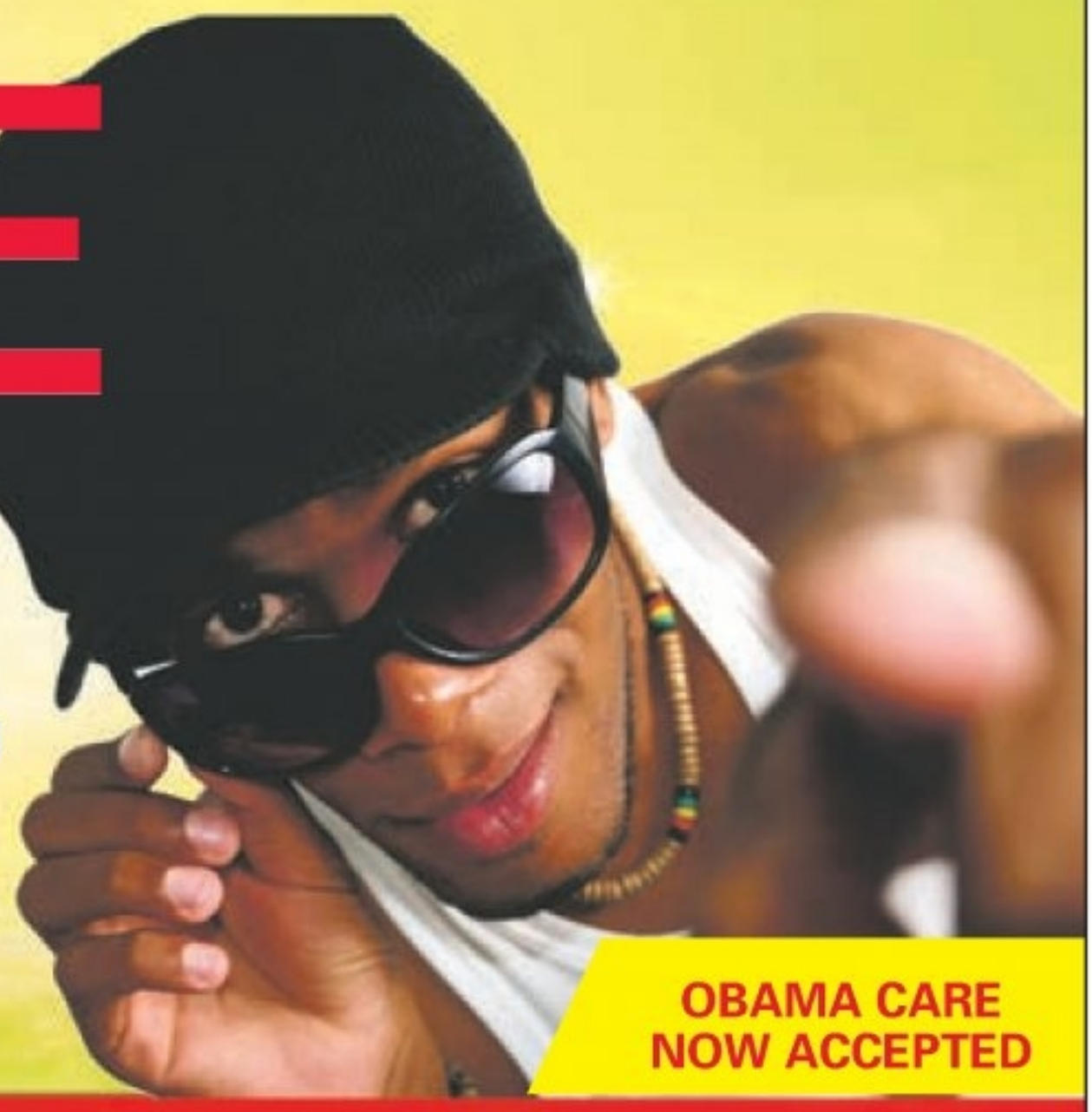

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Quintis Clark PPD

Police ID suspect in murder of neighborhood handyman

The elderly handyman was found dead in his home.

SAM NEWHOUSE
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sam.newhouse@metro.us

Police said Monday they were seeking a teenager in the murder of a 78-year-old handyman found dead in his Southwest Philly home.

Joseph Daly, 78, was found dead on May 31 just after 1:30 p.m. at his home on the 6300 block of Theodore Street.

Police said they found Daly "on the living room floor with a pool of blood next to the right side of his head."

Daly's 2003 Ford E150 van was missing, but it was recovered unoccupied on June 2 at Griscom Street and Oxford Avenue.

Detectives now have a warrant for the arrest of suspect Quintis Clark, 18, based on "further investigation" and "additional information," a police report said. The specifics of the investigation were not immediately available.

Got info?

Tipsters are being asked to contact the Homicide Unit at 215-686-3334/35. A $20,000 reward is offered for information leading to Clark's arrest and conviction.

Daly, who was last seen on the evening of May 29, three days before his murder, when a group of juveniles robbed him outside home, was known as a neighborhood handyman, the Philly Voice reported.

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Teen shot in Olney carjacking attempt drives self to hospital, gunmen at large

Lawrence Street near where the shooting occurred GOOGLE MAPS

Police are looking for two gunmen in connection to an overnight shooting that injured a 17-year-old who drove himself to the hospital after being shot.

The victim was driving a car with three other people in it on the 5600 block of Lawrence Street in Olney at around 1 a.m. on Monday when two men approached the vehicle, tapped on the windows and said they were stealing the car, 6ABC reported.

When the victim drove away, the gunmen opened fire, hitting the car three times and striking the driver, 6ABC added.

"The shooter chased the car and fired a total of three shots. All three shots did strike the driver's side of the vehicle," Philadelphia Police Chief Inspector Scott Small was quoted by CBS3. "One bullet did go through the driver door window and struck the 17-year-old victim in his left shoulder."

The victim drove himself to St. Christopher's Hospital, CBS3 added. He was listed in stable condition.

Police were talking to witnesses, including the other people who were in the car, and checking nearby surveillance footage, according to 6ABC. The suspects fled after the incident, and there have been no arrests.

One suspect was described as 18 to 21 years old, about 5-foot-11 to 6-foot-1 with a dark complexion and wearing a dark hoodie, according to Fox 29. The other was described as about 20 years old, 5-foot-7 with a dark complexion and full beard and wearing a white T-shirt. JASON NUCKOLLS

Pa. congressman urges probe into contaminated water across US

Running tap water; inset below is Rep. Boyle FILE PHOTOS

Rep. Brendan Boyle represents a district where a former Navy base, now Air Guard station, is located.

ALEXIS SACHDEV
@MetroPhilly
letters@metro.us

A member of Congress has called for an investigation into groundwater contamination threats at more than 600 military installations around the country.

Congressman Brendan Boyle issued a letter to the chair of the Oversight and Government Reform Committee requesting testimony from Navy and Environmental Protection Agency (EPA) officials on the presence of perfluorinated compounds at military sites. The letter, delivered Monday, specifically mentions the Horsham Air Guard Station, an Air Force installation in Boyle's congressional district.

Boyle oversees Pennsylvania's 13th Congressional District, which includes parts of Montgomery and Philadelphia counties. Horsham was a Navy base from 1928-2011.

His call for a congressional hearing is the latest development in what has become a crisis for many living on or near the facility. Perfluorinated compounds (PFOS and PFOA), chemicals found in firefighting foams, are considered toxic and produce reproductive and developmental effects in lab tests, according to the EPA.

According to the agency, PFOS were phased out of production between 2000 and 2002; production and use of PFOA was eliminated by the end of 2015. Still, the EPA says people can become exposed through drinking water if the chemicals have contaminated water supplies.

"Concern among Horsham's residents has significantly increased since the EPA tightened its health advisory guideline for these contaminants in our drinking water," Boyle said in a press release posted to his Facebook page Monday. "A growing body of studies links these contaminants to various forms of cancer, thyroid disease and other health complications."

The EPA has indicated that drinking water with a certain level of PFOS and PFOA — 70 parts per trillion — is not expected to produce adverse health effects, even over a lifetime of exposure.

Still, Boyle says officials have failed in their commitment to the public, alleging that the Navy and the EPA have not presented the "latest science and known health risks posed to our community."

These compounds, found in public and private water wells in Montgomery and Bucks counties, are the subject of a fierce debate among residents, who say their life-threatening health problems are a direct result of unregulated use.

As of last month, residents in the Willow Grove, Warrington, Warminster and Horsham communities are eligible to receive free bottled water from the EPA if they have confirmed levels of the chemicals in their water.

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Center City hotel evacuates guests in morning fire

An electrical fire broke out at Embassy Suiteson Monday.

ALEXIS SACHDEV
@MetroPhilly
letters@metro.us

Embassy Suites, at 1776 Benjamin Franklin Parkway. COURTESY HILTON

Guests in a Center City hotel were in for a rude awakening early Monday morning when a fire broke out.

Embassy Suites guests were evacuated from their rooms around 12:30 a.m. after a small electrical fire started on the 25th floor, reports said.

Guests had to use the stairs to exit the building, as the elevators were out of service, NBC10 reported. The hotel, at 1776 Benjamin Franklin Parkway, is 28 stories tall.

Crews got the fire under control in about 25 minutes. Guests were then permitted to return to their rooms, though they had to climb the stairs again.

No injuries have been reported.

Feds charge Philly cop with stealing pills from alleged dealer

Federal prosecutors announced Monday that they charged a Philadelphia police officer with snatching pills from an alleged dealer while on-duty.

Thomas Vitanovitz, 32, is charged with "attempted extortion" for seizing 50 pills that he thought were drugs from an alleged drug dealer "under color of official right" while assigned to the 24th District on July 21, 2015.

Prosecutors said there was no legal reason for Vitanovitz to take the pills.

The alleged dealer was not identified, and federal prosecutors did not disclose how the two came into contact or how Vitanovitz tried to "extort" the alleged dealer.

Vitanovitz has been suspended from the police force for 30 days with intent to dismiss, Philly.com reported.

SAM NEWHOUSE

Notice is hereby given that proposals will be accepted by the Philadelphia Housing Authority for solicitation P-004641 **Demolition Services for Various Scattered Site Residential Properties.** Proposals are **due no later than 11:00 a.m. on July 7, 2016** at 3100 Penrose Ferry Road, Phila., PA 19145. Late proposals will not be considered.

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Philly health department isn't down with #DonutDay

The Public Health Department sent off a hilarious flurry of tweets Friday.

ALEXIS SACHDEV
@MetroPhilly
letters@metro.us

If you indulged in a doughy, glazed breakfast pastry Friday, the Philadelphia Department of Public Health's got a beef with you.

The first Friday of June marked National Donut Day (not "doughnut," as the Voice points out), and stores across the city offered sweet deals on the treats, including Federal Donuts' Milk Chocolate Sea Salt, for free. Needless to say, most people were happy.

Some people aren't feeling very sweet about Donut Day. GETTY IMAGES FOR DUNKIN' DONUTS

But not all Philadelphians found love at the bottom of their doughnut box.

Early Friday, the health department tweeted out a plea to stop the doughnut madness. The internet responded in its usual form: swift and mercilessly.

But the department was relentless against the "donut oligarchy," even borrowing a phrase from Tinder, encouraging doughnut lovers to "swipe left."

Putting itself at the butt of the oldest doughnut joke, the Philadelphia Police Department even got in on the action.

Of course, the Public Health Department's message was well-intentioned, if a bit cheerless. According to the department's website, more than two-thirds of adults in Philadelphia are overweight or obese; for kids, it's closer to 40 percent. The department cites studies showing links between sugar and sugary drinks and obesity.

66%
OF PHILLY ADULTS ARE OVERWEIGHT OR OBESE

Plus, with the city's back-and-forth on a sugary drink tax, it's safe to say the folks over at Public Health would rather see a healthier breakfast on your plate.

Unless, of course, it's a locally sourced doughnut. Then all bets are off.

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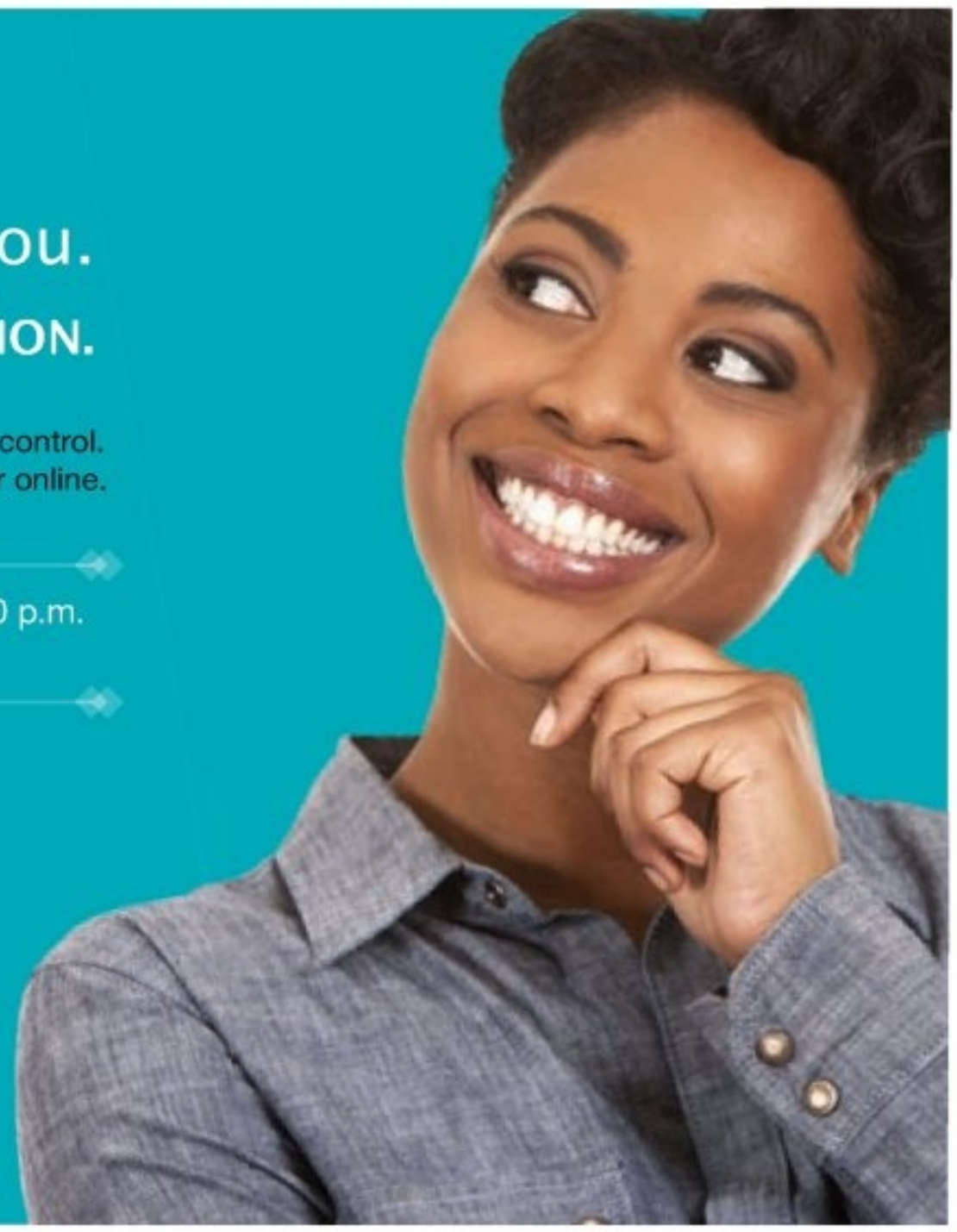

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Brother-in-law of Clinton arrested on DUI in California

Roger Clinton is scheduled to appear in court on Sept. 2.

Democratic presidential front-runner Hillary Clinton's brother-in-law Roger was released from a southern California jail on Monday after he was arrested for suspicion of driving under the influence, according to police and local media.

Roger Clinton, 59, was released from Redondo Beach jail after posting a $15,000 bail, Redondo Beach police spokeswomen said in a phone interview.

Police declined to confirm that the man arrested and then released was the same Roger Clinton who is the younger half brother of former President Bill Clinton.

It is not the first time that Roger Clinton has been in the news. Bill Clinton, on his last day in office, pardoned his brother for a 1980s drug conviction.

It could not be immediately learned if Roger Clinton had retained an attorney. Roger Clinton could not be reached for comment. The Clinton campaign also did not respond to requests for comment.

Redondo Beach police pulled over Roger Clinton, of Torrance, California, after the police department received a phone call about 7:20 p.m. on Sunday about a driver possibly under the influence traveling south on the Pacific Coast Highway in an erratic manner, a police statement said.

Roger Clinton
REDONDO BEACH POLICE DEPT. HANDOUT

Clinton was evaluated for driving under the influence of alcohol, including field sobriety tests, and was arrested, the statement said. He was taken to the Redondo Beach jail, where he refused chemical testing, it said. REUTERS

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Ex-drug executive Shkreli pleads not guilty to latest charge

Ex-pharmaceutical executive Martin Shkreli exits the U.S. District Court for the Eastern District of New York in Brooklyn on Monday. GETTY IMAGES

Former pharmaceutical executive Martin Shkreli, a lightning rod for outrage over soaring U.S. prescription drug prices, pleaded not guilty on Monday to an additional criminal charge that federal prosecutors filed against him last week.

Shkreli, 33, was indicted in December on seven criminal counts, including securities fraud. Prosecutors on Friday added an eighth charge, saying Shkreli tried to conceal from investors his control over shares in Retrophin Inc.

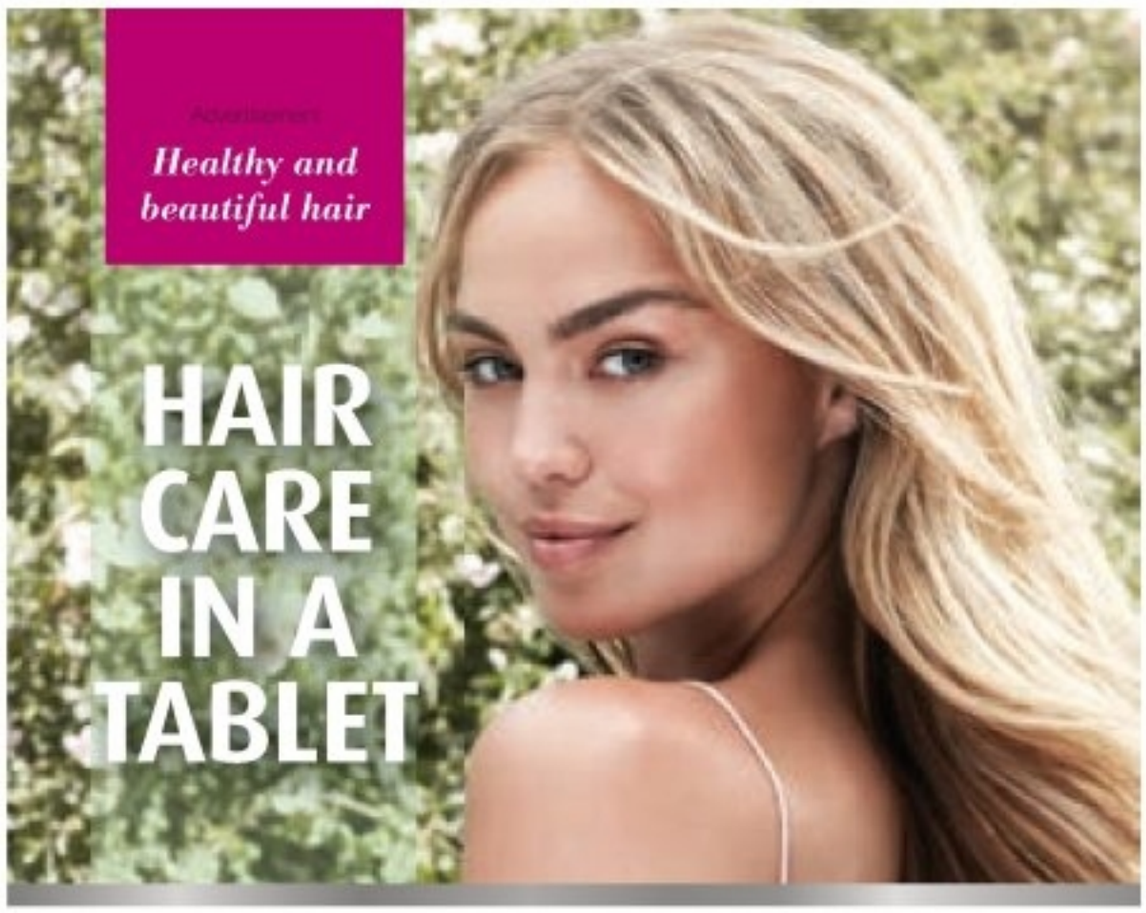
Evan Greebel, former outside counsel to Retrophin, also pleaded not guilty to the charge at a court hearing in the New York City borough of Brooklyn. Greebel faces two counts in all.

Shkreli last year sparked outrage among patients, medical societies and U.S. lawmakers after another company he ran, Turing Pharmaceuticals, raised the price of Daraprim by more than 5,000 percent to $750 a pill.

In December, U.S. authorities arrested him on fraud charges unrelated to the pricing of Daraprim, saying he ran his investment funds and companies almost like a Ponzi scheme.

U.S. District Judge Kiyo Matsumoto declined during Monday's hearing to set a trial date for Shkreli and Greebel but said she was considering an early 2017 time frame.

REUTERS



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Donald Trump stands ground on Hispanic judge amid furor

Trump has been on the defensive since his comments last week about Mexican-American U.S. District Judge Gonzalo Curiel, who is overseeing fraud lawsuits against Trump University.

Donald Trump GETTY IMAGES

Donald Trump on Monday rejected a barrage of criticism from his own party over his allegations of bias against a Hispanic judge, insisting his concerns were valid.

"All I want to do is figure out why I'm being treated unfairly by a judge. And a lot of people agree with it," Trump said on Fox News.

Trump has suggested that Curiel's heritage is influencing his opinion about the case because of Trump's campaign rhetoric about illegal immigration. Trump, the presumptive Republican nominee for the Nov. 8 presidential election, has pledged to seal the U.S.-Mexico border with a wall, and has said Mexico is sending rapists and drug dealers to the United States.

On Sunday he was asked if — by the same token — he believed a Muslim judge would be biased against him based on Trump's call for a temporary ban on Muslims entering the country. "It's possible. Yes," Trump said on CBS' "Face the Nation."

Republican leaders including House of Representatives Speaker Paul Ryan and Senate Republican leader Mitch McConnell have distanced themselves from Trump's comments, saying they are worried the tone of his presidential campaign could enrage Latinos, who are a growing U.S. voting bloc.

On Monday, Sen. Jeff Flake expressed alarm.

"If this doesn't change, we're in for big trouble," the Arizona Republican said on MSNBC. "I hope to be able to support the nominee. I certainly can't now," said Flake, whose state has a large percentage of Hispanics. REUTERS

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Teen sentenced to 25 years for 2014 prom-day slaying

Christopher Plaskon POOL PHOTO

A Connecticut teenager was sentenced to 25 years in prison Monday for stabbing a female classmate to death in a school hallway hours before their 2014 junior prom.

Christopher Plaskon, 19, pleaded no contest in March to charges that he killed 16-year-old Maren Sanchez, the junior class president and a National Honor Society student, at Milford's Jonathan Law High School in April 2014.

Connecticut Superior Court Judge John Ronan sentenced him in a Monday morning hearing, a court official confirmed.

Police said Plaskon attacked Sanchez in a hallway on the Friday morning of the prom, fatally stabbing her in the neck and torso. Police believe that he killed her after she rejected his invitation to the annual formal dance.

A knife was recovered near the crime scene, a police report stated. A witness saw Plaskon discard the bloody knife onto a hallway floor, according to the report.

According to court documents, as he was taken into custody, covered in blood, Plaskon told the arresting officer: "I did it. Just arrest me." REUTERS

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Kanye cancels impromptu show, causes light rioting

ALL PHOTOS GETTY IMAGES

Why does Kanye have the world's biggest ego? Maybe because we keep fanning it. In the wee hours of Sunday night/Monday morning, the musical god — who was supposed to headline New York's Governors Ball, which was abruptly canceled due to a storm — announce d he'd do an impromptu supersecret show at 2 a.m. But the power of Kanye was too great: Despite it being a school night, a few thousand fans quickly flocked to Webster Hall in the East Village, shutting down the block. As quickly as he had announced the show, West called it off, owing to too much demand (or rather a venue that couldn't contain all his followers). At least everyone took the news well: They partied a bit in the street, partook in some light vandalism and then moved to the Trump SoHo hotel, where he was alleged to have been staying. Kim Kardashian herself took to Instagram, snapping a picture of the throngs. "Kanye wished he could have performed last night and really tried so hard but it was ultimately out of his control!" she wrote. "Promise he will make up this pop up show!"

the word

Nick Cannon wants a chance at Eminem

Can Nick Cannon take Eminem? Last week, Cannon issued an open rap challenge to anyone willing to shell out $100,000 as the prize. "Yo tell your favorite rapper I got a 100k to battle them June 25th at the BET EXPERIENCE! #WildStyle Who should I get? These rappers scared!" he tweeted.

Despite reaching out to the likes of Tyga and the members of Slaughterhouse, Cannon is still on the lookout for a worthy opponent, he told U.K. radio host Tim Westwood. When Westwood expressed doubts that Cannon could win against Eminem, Cannon responded, "At least tell him to show up to the match. I can't win by default."

This call out could add fuel to a years-long fire that began back in 2009, when Mariah Carey — who was married to Cannon at the time — came out with a song called "Obsessed." The media speculated that the song was about Eminem, who claimed the two were once in a relationship.

Eminem responded with a brutal diss track called "The Warning," which prompted Cannon to fire back with a diss track of his own. If Eminem accepts Cannon's challenge, someone should tell both of them that the early 2000s called — they want their impromptu rap battles back.

@joshgroban
I had my first sip of whiskey in like 7 months, I'm turning my phone off now don't worry.

@VancityReynolds
I'm told a cotton sock is NOT a suitable substitute for a regular condom. No matter what your Dr doesn't recommend.

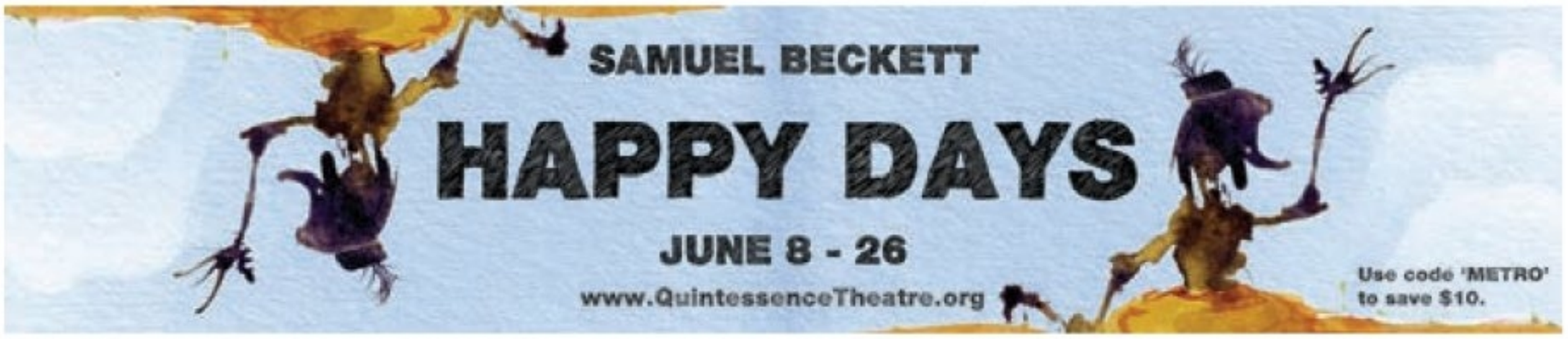
@AndyRichter
Is Myspace staffed entirely by ghosts now?

View all photos at **metro.us**

Roots Picnic 2016

The ninth annual Roots Picnic took over Festival Pier this past Saturday and it was quite the party. The weather turned out to be perfect for performances by Willow Smith, Ibeyi, Jidenna, Kehlani, DMX, Swizz Beats, Lil Uzi Vert, GoGo Morrow, The Roots and many more.

Missed it? Here's a glimpse from the show.



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Maxim decides to capitalize on Jessica Alba's 'awkward' experience

Jessica Alba is *InStyle's* July cover star and opened up to the mag about her struggles as a teenage sex symbol.

""My sexuality made me very uncomfortable," Alba tells *InStyle*. "I remember my first *Maxim* shoot, the were telling me to pose a certain way, and I was like, '*Agh!* I'm 19. I'm a virgin. I don't even know how to do that.' It was so awkward."

Alba, who rose to fame following her role on Fox's 2002 series "Dark Angel," appeared on the October 2000 *Maxim* cover next to the headline "Jessica Alba Spreads Her Wings." If that's not enough to make you cringe, *Maxim* is now patting itself on the back for creating a cover that "helped establish the then-'Dark Angel' star as one of the sexiest young actresses in Hollywood," alongside another gross headline: "Jessica Alba: I was still a virgin when I posed for my first *Maxim* cover shoot."

Meanwhile, the 35-year-old "Mechanic: Resurrection" actress and founder of the billion-dollar conscientious consumer product brand Honest Company, knew she was more than just a trashy headline and exposed abs. "I sort of went through a life crisis," she continues. "I was like, 'This isn't what I set out to be. I'm so much more than this, but I don't know how not to be a sex symbol.'"

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Stephen Farrelly (aka Sheamus) and Gary Anthony Williams play beloved henchmen Rocksteady and Bebop, seen here pre- and post-mutation, in "Teenage Mutant Ninja Turtles: Out of the Shadows." PARAMOUNT PICTURES

Give these guys their own movie

Wrestler Stephen Farrelly and actor Gary Anthony Williams on hitting it off on "Teenage Mutant Ninja Turtles."

MATT PRIGGE
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Stephen Farrelly, aka "Sheamus," is a WWE wrestler. Gary Anthony Williams is an actor known for "The Boondocks" and "Whose Line Is It Anyway?" They might not seem to have much in common, and they didn't know each other before getting cast as, respectively, Rocksteady and Bebop, the mutated henchmen in "Teenage Mutant Ninja Turtles: Out of the Shadows." But you wouldn't know that sitting in a room with them. A chat with them is lousy with detours and jokes.

This isn't one of those gritty reboots. It's a lot like a live-action version of the cartoon from the '80s and '90s.

Gary Anthony Williams: We both grew up on the Turtles, and the version we grew up on was the one on television — the cartoon from long, long ago. Not so much the comic books; some of those are grittier. I like that fun-ness of this. Our guys are big, violent, tear-stuff-up guys. But they have a fun-ness to them.

Stephen Farrelly: I did second-guess it when I asked, "Who's Bebop?" They said, "Gary Anthony Williams." I was like, "OK, I don't want to do this now."

You guys have good banter. How quickly did you realize that?

Farrelly: Right away we hit it off. It was really weird. Just two dudes hitting it off.

Williams: That sounds like a movie. "What's the movie about?" "Just two dudes hitting it off."

That could be your spin-off movie.

Williams: "Just Two Dudes Hitting it Off." God, that sounds horrible and great.

Have you hung out since the movie wrapped?

Farrelly: Contractually we're not allowed to.

Williams: But we've broken that contract.

Farrelly: I've stayed at his house a few times. He's very adamant about leaving the toilet seat down. I have to bring my own toilet paper. That's kind of weird.

How much did you do once your characters are turned into CGI beasts?

Farrelly: There was a lot of bulking up. There was a weight gain of 5,000, lots of cosmetic surgery. I've still got the stretch marks, even though I've lost all the weight. But it was so much fun. When we wrapped shooting it was a sad moment.

Williams: Even today is sad. We've been all around each other again this weekend. This part is about to be over; now the movie's out. Now we've got to wait until Michael Bay decides if he's going to do another one and if we're going to be in it.

He hasn't made the threequel official?

Williams: Legally I can't say anything. Legally I can't go to his house and watch what he does through his window.

What on earth does Michael Bay do at home?

Williams: That's what I wanted to know. Now I know. Now I can't know anymore, because of — what's it called? A restraining order? Bunch of bull.

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"COLD IN JULY"

Michael C. Hall finds himself sandwiched between Sam Shepard and Don Johnson in "Cold in July." IFC FILMS

Like "Blue Ruin" and "Green Room," "Cold in July" is a thriller with a great hook: What if the heroes were regular folk? What if they were not only in way over their heads but frequently acted stupid, as most of us probably would in hairy circumstances? The half-wit in Jim Mickle's goose-bumper is played by Michael C. Hall: a yokel with a malformed mullet who accidentally guns down an intruder, then has to contend with the guy's menacing ex-con father (Sam Shepard). The story keeps twisting and shape-shifting, eventually turning from one film into another. Even better, it continues the Don Johnson-aissance, eventually pairing the star of "Miami Vice" with the playwright of "The Buried Child" — as you do.

"THE HUSTLER"

A great New York movie and a great Paul Newman movie, Robert Rossen's 1961 pool shark drama is also a '70s movie that arrived a decade early. Newman's "Fast Eddie" Felson is a jerk who needs to be schooled, but whose redemption won't come until he's destroyed all those near and dear to him. Here's where we put in a good word for its improbable 1985 sequel, Martin Scorsese's "Color of Money." It can't touch the first, it's every bit as deeply felt.

Paul Newman schools his way through New York pool halls in "The Hustler." 20TH CENTURY FOX

"JURASSIC PARK"

Sam Neill and a hungry new friend in 1993's "Jurassic Park." UNIVERSAL PICTURES

Did we really turn the lame "Jurassic World" into a billion dollar hit? Whoops! Like a one-night stand you regret come sunrise, the reboot stomped all over the summer movie season despite its considerable dodginess. Luckily we can atone by firing up Netflix and watching at least the 1993 original, in which Steven Spielberg wows us with still sharp-looking dinos then flips that wonder on its head, terrorizing us with a relentless back half.

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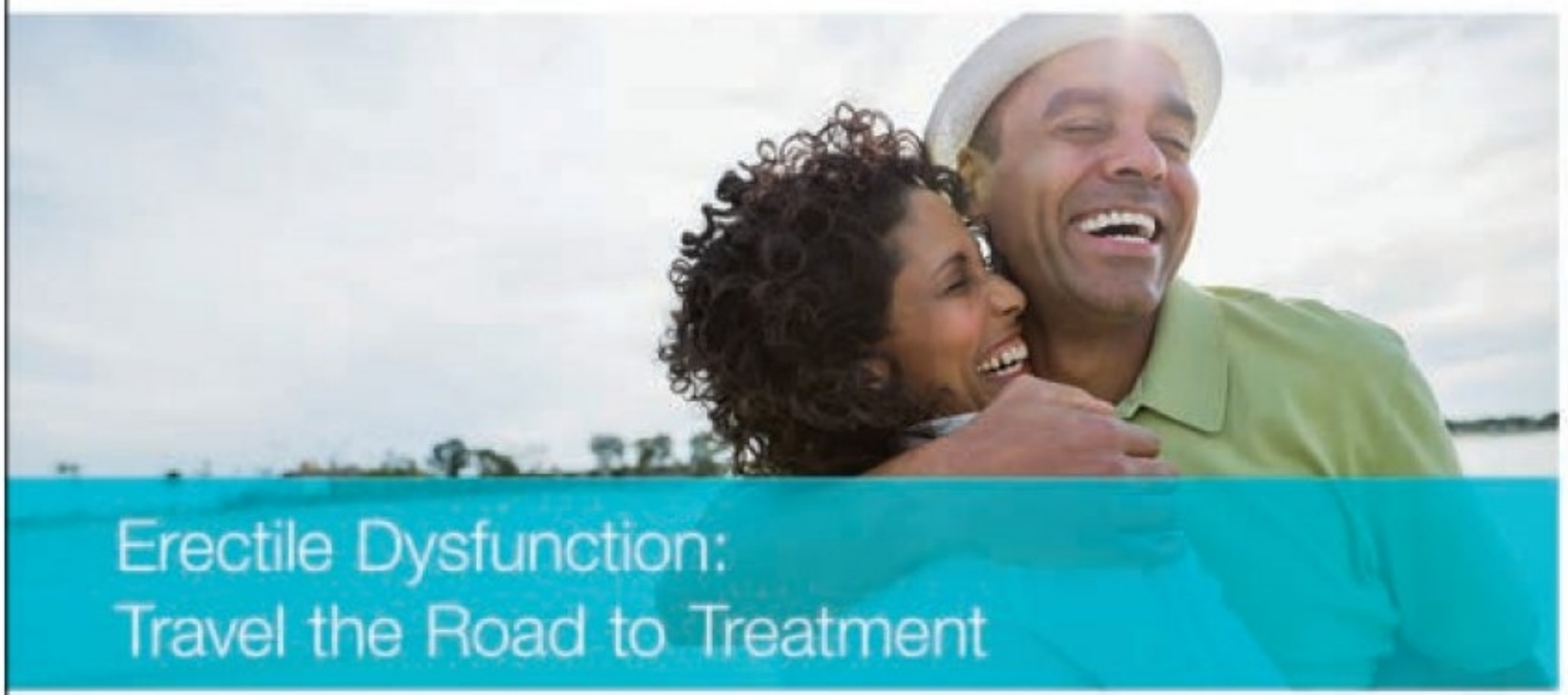

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Read about the latest dish in the Paleo diet craze.

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Move over, chicken noodle soup — there's a newer, trendier health food in town.

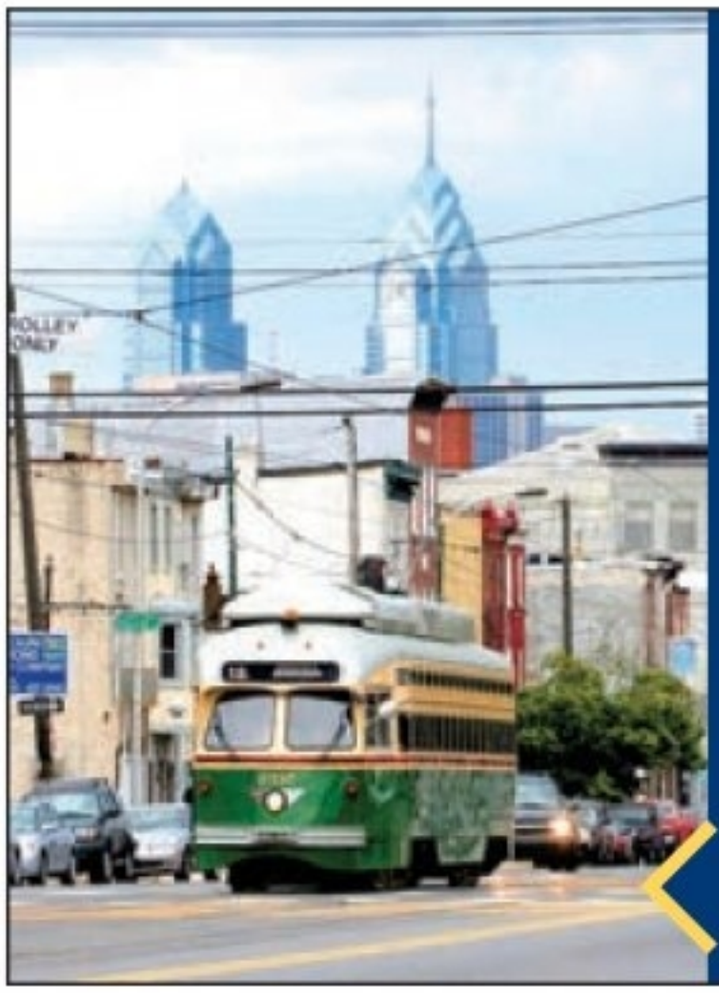
In today's increasingly health-conscious world, greasy burgers and fries just don't cut it. Nowadays, the quest for nutritional options has spurred the latest food trends, from green juices and acai bowls to the Mediterranean diet and "GF" (gluten-free) regimens.

What are people ordering now? Bone broth.

Bone broth, which has gained popularity in the last year, is made by simmering animal bones with vinegar and various vegetables and herbs.

It may sound gross, but don't let the name throw you off.

"If you explain that it's sort of like a chicken stock that's made with better quality ingredi-



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Where to find it

Stock, a BYO cafe in Fishtown, offers the Vietnamese version of bone broth: pho. stock-philly.squarespace.com 308 E. Girard Ave.

ents and cooked for a much longer time, then people start to understand what it really is," says Jordan Feldman, who co-founded Springbone Kitchen, a new restaurant in New York City that focuses its menu on the dish.

"Nobody has tasted it and said, 'This is disgusting,'" he explains. "As soon as you take a taste, it's a familiar flavor."

Bone broth is hailed as a panacea for all kinds of ailments, including joint aches, sore muscles and digestive woes. It even boasts anti-aging properties — bone broth's all-star ingredient is collagen, a protein that's supposed to reduce wrinkles and get rid of cellulite.

"The claim is that, by drinking the broth, you get the collagen attached to the bones and ligaments in it," says Lisa Sasson, clinical associate professor of nutrition at NYU Steinhardt.

But the science behind this doesn't necessarily add up, she continues. "It's not like we consume collagen and it becomes collagen in our body; it's broken down into amino acids that the body is going to use wherever it needs building blocks or protein."

Though bone broth might not lead straight to the fountain of youth, Sasson adds that the minerals and electrolytes in it still provide nutritional value. "It's healthy," she says. "It's just not magical."

In fact, Feldman decided to open Springbone Kitchen after discovering bone broth's health benefits for himself. After injuring his knee, he came across an article about the dish. "I was kind of skeptical, but I gave it a try," he says. "Within a couple weeks, my knee honestly started getting a whole lot better. I was kind of sold from that point forward."

You can decide on bone broth's merits for yourself by making it in your own kitchen. We've got you covered with a recipe for homemade chicken bone broth — check it out below.

Make your own bone broth at home

Chicken bone broth recipe provided by Jordan Feldman

Yields 2 gallons of broth:

Ingredients:
- 6 pounds of chicken bones (mix of feet, necks, frames and wing tips is ideal)
- 4 large carrots
- 3 large onions
- 1 clove smashed garlic
- 1 tablespoon apple cider vinegar
- 1 small bunch french thyme
- Salt to taste

Directions:
1. Roast bones at 400 degrees until brown
2. Place bones, vegetables and vinegar in stock pot; cover with water
3. Bring to a rolling boil, then reduce to a simmer
4. Simmer for 12-24 hours
5. Add fresh thyme for the last hour
6. Strain
7. Salt to taste

Liquid gold

For a nourishing "breakfast in a cup," blend 1 cup of the chicken broth with 1/4 cup of coconut milk and freshly grated turmeric says Feldman. "The protein of the broth, healthy fat from the coconut milk and anti-inflammatory power of turmeric combine for a real breakfast of champions."

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HOWARD SAGA TAKES ANOTHER SAD, UGLY TURN

Ryan Howard has had a very rough 2016. GETTY IMAGES

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow

In the grand scheme, it was one lowlife fan hurling one aluminum beer bottle toward Ryan Howard at the end of Saturday's Phillies loss.

Ah, but we know it was much more than that. Because everything has context. So this being Philadelphia, and this being Howard's torturous baseball death, the actions of one jerk in the stands get magnified. And we all get tarnished.

In case you slept through the weekend, here's what happened: Howard didn't start any of the four games against the Brewers, but he pinch-hit and made the final out of Saturday's loss. As he circled back toward the dugout, a bottle flew from the seats and landed at his feet.

Howard, understandably, seethed and cursed the fan. He was guided back to the clubhouse by teammates. Still angry Sunday, he told reporters, "I've done too much in this town to have that kind of stuff [happen].

"It was a Bud Light Lime bottle. I just turned around and it was down by my feet. ... It was terrible. It was tasteless." We assume Howard's talking about the offender's act — not his choice of beer.

But here we are again. No athlete deserves this, certainly not a former MVP who helped carry a team to this city's only pro title in 33 years.

The jackwagon can-chucker will be caught — perhaps by the time you read this. He'll endure public scorn and a hefty fine. But long after he has moved on, his despicable moment will live among those that tarnish us as a fan base:

The flare gun at the Vet. The idiot who fell into the penalty box to fight Tie Domi. The lowlife who vomited on kids at CBP. The two — yes, just two — batteries aimed at J.D. Drew.

In each case, a few idiots' actions fuel the narrative that we're all drunken Visigoths. Never mind that 25,176 fans didn't bombard Howard on Saturday. In fact, most applauded him for busting down the baseline on his game-ending ground out.

Which leads, of course, to the other aspect here. Earlier this season, I called on fans to lay off Howard, to let him end his career with dignity. To a large extend they have — because, to a large extent, he's now rooted on the bench behind Tommy Joseph. You can't boo a guy in the dugout.

Still, the situation grows more discomforting. Howard doesn't want to forgo $20 million by retiring. Ownership doesn't want to embarrass him with a pink slip. Manager Pete Mackanin doesn't want Howard's .151 average in the lineup. The fans are stuck — appreciating Howard's contributions from the past but wishing he would get the message and go home.

This can't go on forever. Soon, we hope, one of the prospects — Nick Williams or Cam Perkins or Dylan Cozens — earns a promotion, and the Phils find a classy way to say goodbye. I give it until the All-Star break.

And when that occurs, unfortunately, the bozo with the Bud bottle will be part of that story.

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To sign or not to sign: Flyers' Schenn

Decision to re-sign Schenn this summer looms large for Flyers.

ERIC GOLDSTEIN
@EricEsponda
sports@metro.us

For the first time in years, the Flyers actually have cap space to sign an impact free agent this summer. While fans can expect the team to take advantage of the payroll flexibility, general manager Ron Hextall's biggest offseason spending splash will likely center on making sure the Flyers retain one of their own players.

Brayden Schenn is set to become a restricted free agent on July 1 — and whether or not he re-signs with the Flyers, the forward will command a hefty raise.

After struggling with consistency through his first five seasons with the Flyers, Schenn, 24, finished with 26 goals and 33 assists — both career highs — while playing on the first line with Claude Giroux and Wayne Simmonds this year. A physical player, he also added 11 power play goals, which ranked him second on the team. He can play all three forward positions.

The timing of his breakout season couldn't have been better from a financial standpoint. As a restricted free agent, the 2009 fifth overall pick has the option of accepting a deal from the Flyers or signing an offer sheet with another team — that the Flyers would then have three days to match or let him walk.

Schenn, at least, prefers the former.

"I like it here," he said a few days after the Flyers were eliminated in the first round of the playoffs by the Capitals. "I think, moving forward, if you look at what's coming up and what we did this year [of qualifying for the playoffs], I think next year will be even better."

Brayden Schenn will make things tough for the Flyers' front office after his best season as a pro in 2015-16. GETTY IMAGES

The decision, and money and years it commits, to re-sign Schenn will play a critical role in future moves the team makes this season and beyond surrounding its forwards. If he stays, the Flyers keep a young player who has the potential to develop into a 30-goal scorer and fills a critical piece in the lineup. If he leaves, the Flyers will have a gaping hole up front and would need to immediately replace him, which won't be cheap.

Based on players with similar statistics, Schenn could command an average salary of $5 million per year over four to six years.

"You want to be here long term," said Schenn, who was traded to the Flyers, along with Simmonds, from the Kings for Mike Richards. "I believe in this team but I guess we will see how it plays out. If they want to go long term with me, obviously I want to be a part of this team.

"I think I've come a long way. I still feel like I can get better."

The only question is whether or not it will be in a Flyers sweater.

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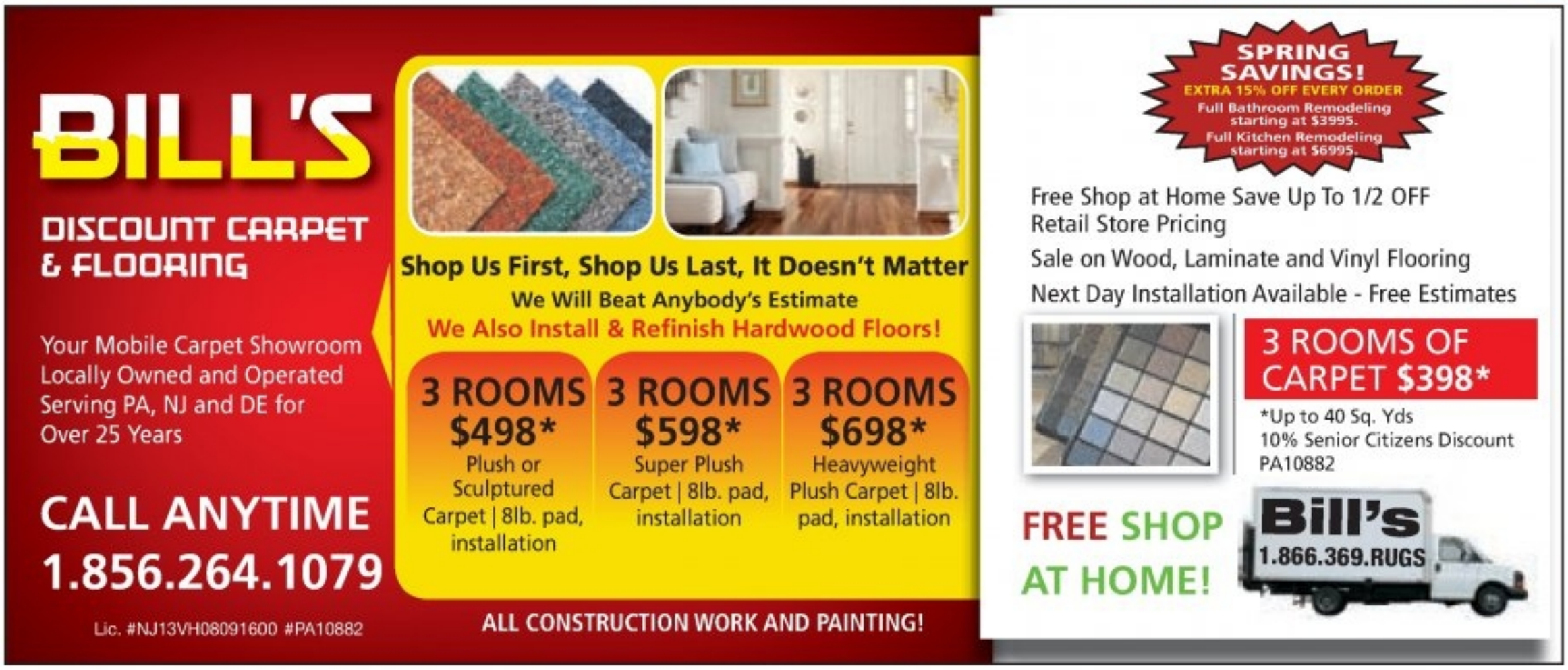
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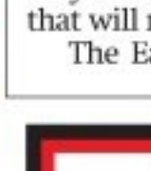
Eagles going back to school this offseason to learn new schemes

The biggest area of growth Doug Pederson hopes to see this offseason is retention of information.



EVAN MACY
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The Eagles reported that they'll have full attendance (not including three draftees still in school) in mandatory minicamp. GETTY IMAGES

For millions of children across the United States, school is about to be out.

For the Philadelphia Eagles, school is just getting started.

With Doug Pederson, Frank Reich, Jim Schwartz and a completely new playbook and schemes to learn, memorize and implement, the Eagles' most important task of this offseason is simply the retention of new information.

"We have put a ton of offense and defense and special teams in, and the retention level of what the players have learned throughout the entire offseason has been very good," Pederson said this weekend during the last day of voluntary OTAs. "So what they will retain from the end of next week for about six weeks until they return, how much of that will retain?"

The Eagles are expecting (optimistically of course) all 90 players to report to mandatory minicamp this Tuesday. The team will have a week to work together before players have the rest of June and most of July off prior to returning to Philly full time for training camp.

They will need to do their homework while they are away, as the season kicks off in September and a lack of mental acuity could mean another losing season. Pederson has liked what he's seen so far.

"They are challenging each other and that's the thing you see on the football field," the coach said. "They are competing every single day, offense versus defense. But that's what you want to see. You want to see the guys take it as far as they can go, and they are embracing that and coming away with a good team unity and those are things you want going into training camp and going into the regular season."

Interestingly, when compared to last year, the defense has simplified and the offense has gotten more complicated.

"I think everybody's stress level is lower," defensive end Marcus Smith said. "It's definitely less responsibility. You can just go for the ball."

"It's very simple for the players," defensive back Leodis McKelvin said too, echoing the simplicity of Schwartz's defense.

"There are a lot more plays, more concepts in right now compared to this time last year," Sam Bradford said of the scheme on the other side of the ball — referencing Chip Kelly's simple playbook from the last three years. "Last year was very repetitive in practice, you would see the same plays and you would get to run the same plays multiple times, whereas this year we have a big play book. You might get one rep of a play one week and that's it. You really have to learn from what you see on tape."

And when minicamp breaks next week, the players better do their homework. Otherwise, the team is in trouble.

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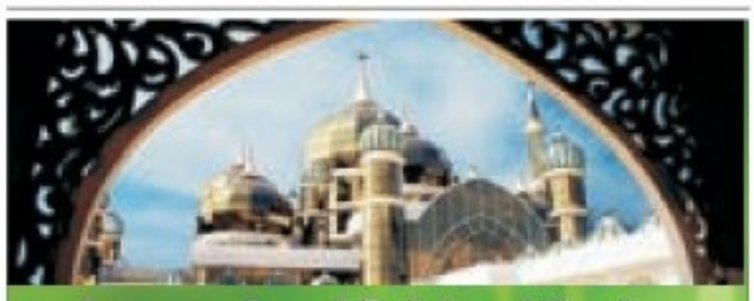

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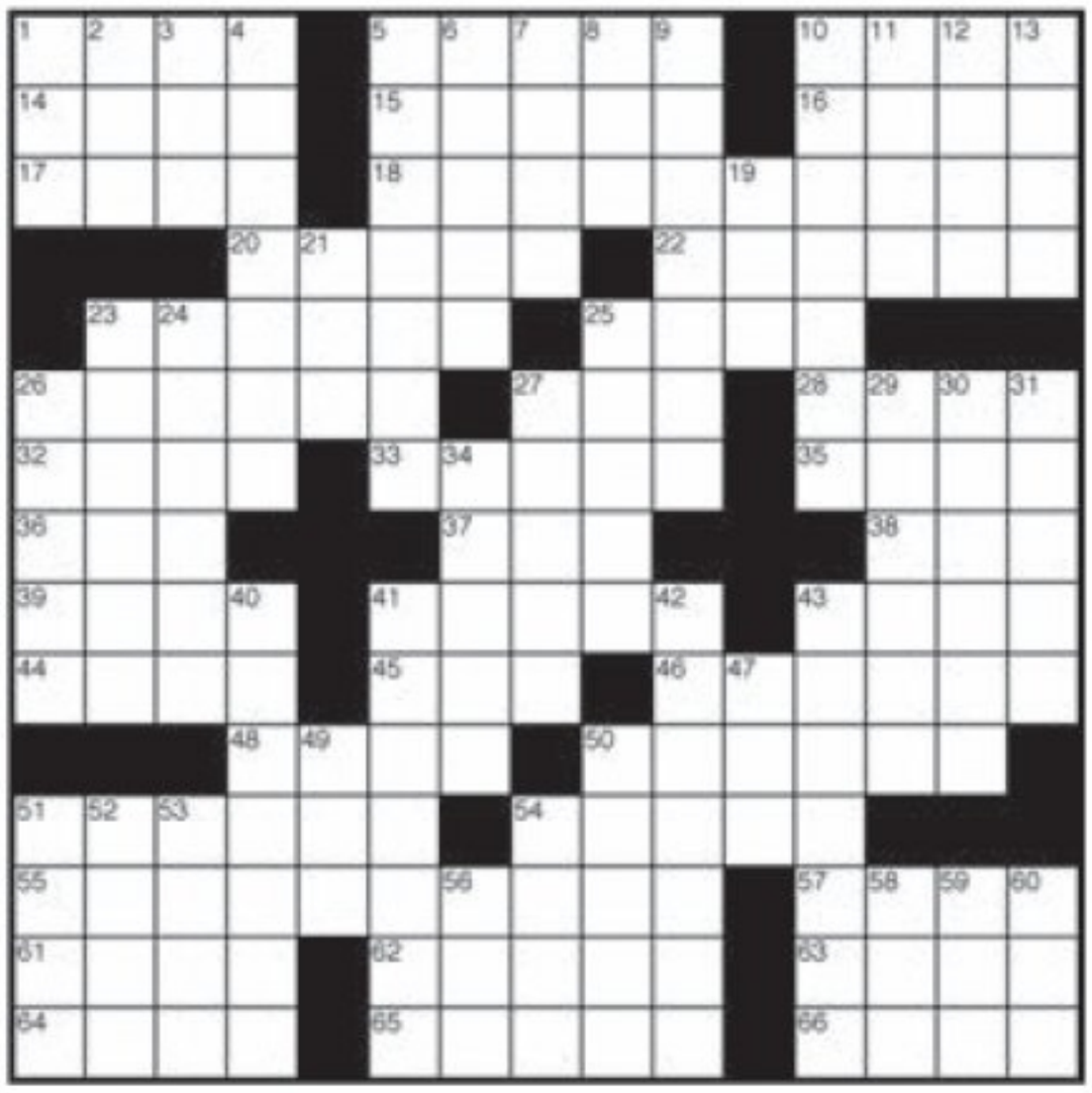

Across

1 Leaf through
5 Minneapolis suburb
10 July sign
14 Birds of ill —
15 Kin of argon
16 Aloha State port
17 Fender nick
18 Long-awaited LHC find (2 wds.)
20 Let up
22 Drew a salary
23 Without question
25 Lox purveyor
26 Lotsa loot
27 Apiece
28 Lemon peel
32 Up to the task
33 Catches sight of
35 Hydrox rival
36 Eastern philosophy
37 — Lingus
38 Nick or scratch
39 Baghdad's locale
41 Thick soup
43 Mooring post
44 Striped antelope
45 "Kidnapped" monogram
46 Rights a wrong
48 Concept
50 Met with courage
51 Seventh planet
54 Mushrooms
55 Means of knowing (2 wds.)
57 Claw or talon
61 Fits to — —
62 Big name in glue
63 Loosen, as a grip
64 In a hurry
65 Leaves laughing
66 Sapporo sport

Down

1 Whale school
2 Left Bank pal
3 Ike's rank
4 Swashbuckler's shout (2 wds.)
5 Lets out a sigh
6 Zeus or Odin
7 "Bus Stop" author
8 Wassail alternative
9 Responds
10 Spanish sausage
11 Take a chance
12 Sunblock additive
13 007
19 Arg. neighbor
21 — Paese
23 Auto import
24 Dump on the market
25 Farm implement pioneer
26 Tie-dye cousin
27 Jetties
29 Weasel, in winter
30 At the table
31 Lawsuit bases
34 Zahn or Abdul
40 Musical ensemble
41 Garlic juicers
42 Breadwinners
43 Heifers
47 Recess game
49 Like, stupid!
50 Buddy Holly portrayer
51 SAC letters
52 "Lovely —, meter maid ..."
53 Fire brigade tools
54 Home loan org.
56 Pipe bend
58 Amateur-sports org.
59 Dogma
60 MGM mascot

metro.us/games

metro.us/sudoku

easy

	8				3		6	
			4			2		
	9	5	1		7			8
	4	3	8					7
		1		9		4		
9					4	6	1	
4			2		5	8	7	
		9			1			
	5		6				3	

hard

	5		9	3				
7					8			
8	6	9		2		3		
4			7				2	
	2	5				9	3	
	8				3			1
		2		5		1	8	4
			1					3
				8	2		7	

metro.us/horoscopes

Aries Keep your emotional response to a minimum, or you will end up saying something you'll regret. Put greater emphasis on listening and being objective.

Taurus Try something new and learn as you go. Your interest will give you the edge and bring you closer to the person presiding over whatever you are doing.

Gemini Ask questions and get to the bottom of an iffy situation that is taking over your life. Aim to stabilize relationships with people you depend on.

Cancer Start something new. Express your ideas openly in order to get the help required to make changes at home. Take a close look at how you present yourself professionally.

Leo Jumping from one thing to another will serve you well, but it will bother people around you. Be mindful of the way you affect others. Romance will stabilize certain problems.

Virgo Your contributions will help you stand out. Expect someone to be jealous of your knowledge and expertise. Don't let someone's complaints put a damper on your momentum.

Libra Opt to try something new or visit a place you've never been before. Keep your emotions tucked away when dealing with professional matters. Strive for perfection. Love is on the rise.

Scorpio Taking part in educational or cultural events will give you greater perspective regarding something you want to pursue. Home and personal improvements will turn out well.

Sagittarius Requests you have to deal with will prove taxing. Don't lend or borrow money or possessions. Someone who lacks integrity will disappoint you. Don't lower your expectations.

Capricorn Talk about the way you feel. Whether dealing with personal or professional matters, an open dialogue followed by action will make you look good.

Aquarius Speak up, but don't get into a shouting match. Tend to your responsibilities before someone points out that you are being neglectful. Make special plans with a loved one.

Pisces The help you offer will put you in a precarious position. Don't let anyone take advantage of your generosity. Play fair, but don't be a martyr. EUGENIA LAST

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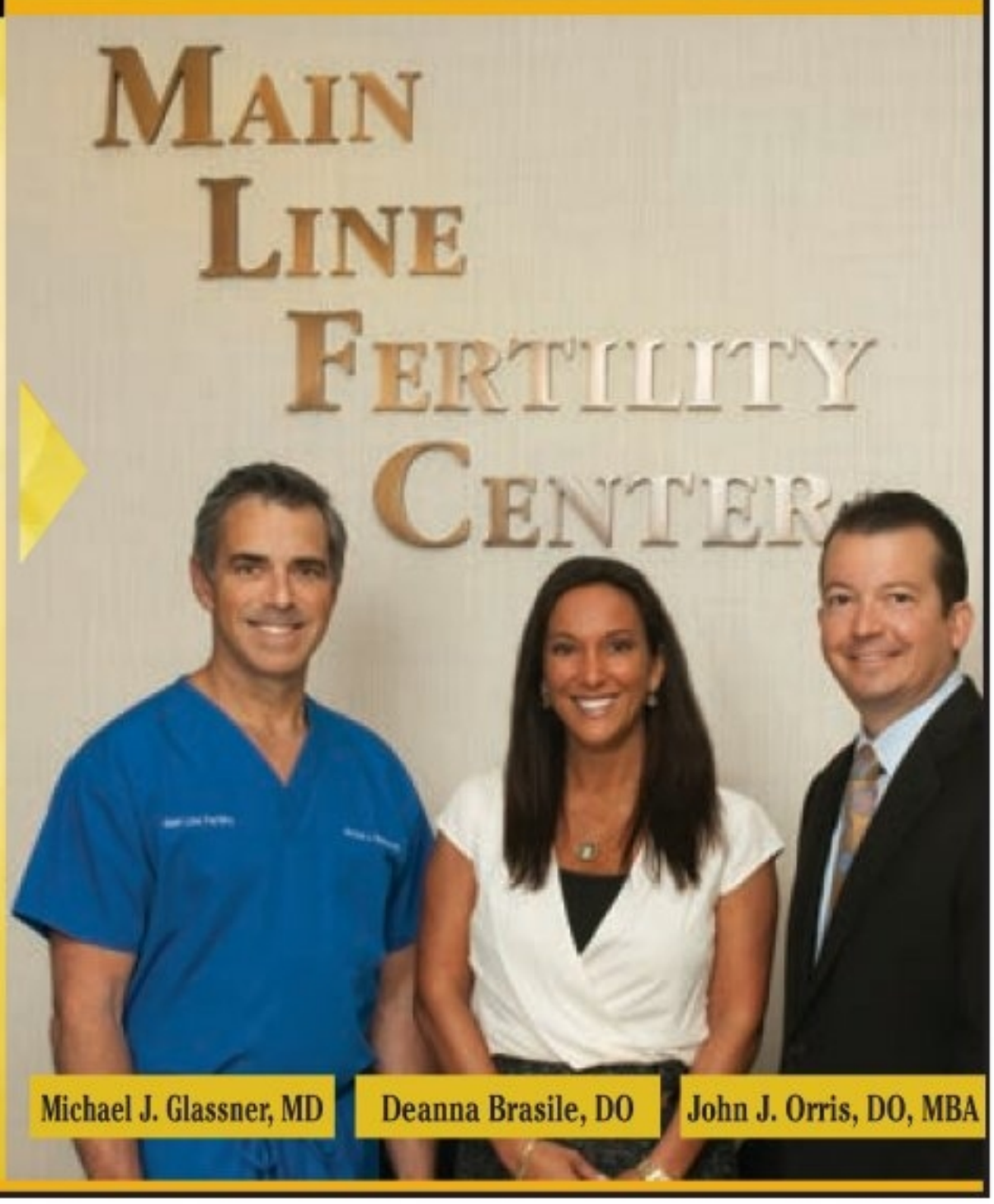

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